CLAIMS

1. Pharmaceutical hormone compositions characterised in that they are formed of a combined estrogen-progestative association intended for oral administration, and they make possible the simultaneous administration of an estrogenic compound at a dose ranging from 0.3 to 3 mg and a progestative compound derived from 19-norprogesterone at a dose ranging from 0.3 to 1.5 mg, in association or in admixture with one or more non-toxic, inert and pharmaceutically acceptable diluents.

2. Estrogen-progestative compositions according to Claim 1, in which the **estrogen is 17β-**estradiol, whether free or esterified, or conjugated equine estrogens.

3. Estrogen-progestative compositions according to Claim 1, in which the **estrogen is 17β-**estradiol.

4. Estrogen-progestative compositions according to Claim 1, in which the estrogen is an estradiol ester, such as estradiol valerate in particular.

5. Estrogen-progestative compositions according to Claim 1, in which the estrogen consists of conjugated equine estrogens.

6. Estrogen-progestative compositions according to Claim 1, in which the free or esterified estrogen or a conjugated equine estrogen is present in an amount ranging from 0.3 to 3 mg per unitary dose.

7. Estrogen-progestative compositions according to Claim 1, in which the estradiol is present in the free form preferably in an amount of 0.5 to 1.5 mg per unitary dose.

8. Estrogen-progestative compositions according to Claim 4, in which an estradiol ester is present, preferably in an amount of 1.5 to 2 mg per unitary dose.

9. Estrogen-progestative compositions according to Claim 1, in which the conjugated equine estrogen is present preferably in an amount of 0.312 to 0.625 mg per unitary dose.

10. Estrogen-progestative compositions according to Claim 1, in which the progestative is nomegestrol or one of its esters.

11. Estrogen-progestative compositions according to Claim 10, in which the progestative is nomegestrol acetate.

12. Estrogen-progestative compositions according to Claims 10 and 11, in which the nomegestrol acetate is present in an amount ranging from 0.3 to 1.5 mg per unitary dose.

13. Estrogen-progestative compositions according to Claims 10 to 12, in which the nomogestrol acetate is present in an amount between 0.625 and 1.25 mg per unitary dose.

14. A process for the preparation of new estrogen-progestative compositions according to Claim 1, in which the estrogenic active ingredient and the progestational active ingredient are admixed or combined with one or more inert, non-toxic and pharmaceutically acceptable diluents.

15. A method of using the estrogen-progestative mixture according to Claim 1, to produce a medicament intended for treating estrogen deficiencies in menopausal women in need thereof.

16. A method of using the estrogen-progestative mixture according to Claim 1, for producing a medicament intended to prevent osteoporosis and cardiovascular disorders in menopausal women in need thereof.

17. A method of using the estrogen-progestative mixture according to Claim 1, to produce a medicament intended for continuous or intermittent administration in need thereof.